

The purpose of the Journey small group is to offer a safe place for men and women, who have been abused, to journey toward recovery from the damage of their wounds and to grieve over the past in order to move forward into positive change.

It is a place where they can experience the redemptive power of God through the study of His word. In a small group setting, they connect with others who are walking a similar path toward a maturing relationship with God and others. It is a place in which one can stop wearing a mask and learn to be the person God created them to be and reflect His glory.

It is a place where **YOU** can stop living in the darkness of false shame and step into the light of God's redeeming love.

All inquiries and aspects of this program are kept confidential!

*"Behold,*

*I will do something new...*

*I will even make a roadway in the wilderness." Isaiah 43:19*

*"It feels good to have a place where people care that I hurt."*

*~ Susan*

*"This is a group where I am safe and can be real, even if it isn't pretty." ~ Patte*

*"This group was a true crossroads experience for me. I learned how my hurt was keeping me bound through bitterness. I came to see how I inflicted my pain on those I loved. But the most devastating effect of my unresolved hurts was the distorted view it gave me of God. The Lord used this group to reveal His love to me and to save my life and my home." ~ Mirin*



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New Life Family Outreach is a 501c3 non-profit, non-denominational, non-political organization that is committed to providing compassion, information and support to women, couples and families facing the challenge of an unplanned pregnancy.

# Journey

Small group ministry for men and women who have survived abuse

## *Journey offers...*

Sound Biblical teaching combined with group interaction that leads to healing of the wounds left by abuse. All information shared in group is held in the strictest confidence.

The group meets weekly for 12 weeks and is limited to 8 people - 6 participants and 2 leaders.

Once a group has started meeting, no new participants will be added until the next 12 week session begins.

In preparation for the small group, participants are encouraged to read **Wounded Heart** by Dan Allender.

**Some of the topics covered during the 12 week sessions include:**

- **Why look at the abuse**
- **What the Bible says about abuse**
- **Anger**
- **Shame**
- **Relational styles**
- **Forgiveness**
- **Jesus and little children**
- **Process of recovery**

*you the life of  
freedom  
you deserve!*

There are many wounded people in the world. Many of these men and women feel like they are walking alone.

**You are *NOT* alone!**

As part of a **Journey** small group, you will find a safe place to connect with others who are walking a similar path toward healing and forgiveness, along with a maturing relationship with God and others.



## *Do You...*

**STRUGGLE WITH  
THE WOUNDS  
LEFT BY ABUSE?**

**Long for a place  
where you can cry  
unashamedly for  
your pain?**

**NEED A PLACE WHERE  
YOU CAN GROW TO  
BECOME THE PERSON  
GOD CREATED YOU TO BE,  
A VICTOR REFLECTING  
HIS GLORY?**

**want to take the  
next step toward  
deeper healing?**

*If so,  
Journey  
may be for you.*

